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United States Department of Agriculture

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Agriculture

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

FRESH PORK

Some like it hot, some like it cold -- but no matter how it's served, most folks like pork on winter days. So the homemaker will welcome the news that pork prices are very reasonable this year, and are expected to remain low throughout the winter.

The delicious fragrance of roast pork coming from the kitchen will have the family ready for dinner long ahead of time. And if there's any roast left over, it can be served in other equally good ways. Cold sliced pork has a delicate flavor that is perfect for sandwiches. Left-over roast pork can also be used in such dishes as chop suey, croquettes, curry, or stuffed peppers.

Any cut of pork is easy to roast because it is usually tender, and it is fat enough to be self basting. The pork loin roast is especially easy to handle and may be purchased in a size to suit almost any family. Fresh ham also makes an excellent roast, and even the shoulder is easy to carve when the bone is removed and replaced by a savory stuffing. If paired sections of spare ribs are filled with an apple stuffing, they are also delicious when roasted.

If you're getting a fresh ham, have the butcher leave the rind on, in order to have it cook more quickly and shrink less. This rind is easily removed after cooking. But a boned stuffed shoulder will be more attractive if the skin is removed before cooking. If you're getting a loin roast or spare ribs, have the butcher crack the bones to simplify carving.

Good roasts are tender throughout, with a brown crust on the outside and juicy meat inside. To get the roast done to this "perfect turn," the Federal Bureau of Home Economics recommends thorough cooking at a moderate temperature. Be sure to cook pork until there is no trace of pink in the juice, in order to kill the trichina parasite, which is sometimes present.

The first step in preparing a pork roast for the oven is to wipe it with a damp cloth. Sprinkle generously with salt and pepper and dust it with flour, if you like. Then place the roast on the rack of a shallow open roasting pan without water. (The ham goes rind side up, and the loin goes fat side up.)

The meat thermometer is the most reliable guide for telling exactly when the meat is done. Pork is "well done" when the temperature at the center of the roast is 182 to 185 degrees F. If a roast meat thermometer is used, insert it in the thickest part of the meat before you put the roast in the oven. To get the thermometer through the rind of a ham, cut a small gash with the point of a knife, or make an opening with a steel skewer. Because hams become thicker during cooking, it is best to push the bulb of the thermometer nearly two-thirds of the way through the raw meat.

Pork is usually roasted at a constant moderate temperature, without searing. Use a temperature of 325 to 350 degrees F. -- with the more moderate temperature for larger roasts, which require longer cooking to get done in the center.

But if you want to sear the roast, use a temperature of 480 degrees F. for 20 to 30 minutes, or until the meat is light brown on the outside. Then quickly reduce the temperature to 300 to 325 degrees F..

The length of time for roasting is about the same, whether you sear it first, or not. From 25 to 30 minutes per pound is the rule for roasting a fresh ham, and 30 minutes per pound for a medium-sized loin roast. But it takes longer to roast the chunky shoulder, especially when it is stuffed. About $3\frac{1}{2}$ hours is

required for a stuffed shoulder, weighing about 4 pounds, and it is a good idea to turn this cut occasionally for even cooking. Stuffed spareribs are usually done in $1\frac{1}{2}$ hours.

For variety in pork dishes, there are pork chops -- stuffed or plain. Other favorites are steaks from the pork shoulder or ham, and fillets from the pork tenderloin. These three cuts are usually browned and then cooked slowly in a covered frying pan on top of the stove. After browning, 20 minutes is usually the time required to finish the cooking when the pork is cut one-half inch thick. Thicker cuts will require more time.

You may prefer to brown the chops on top of the stove and then cover the pan and finish by baking them in a moderate oven (350 to 375 degrees F.) If the chops are baked in a little milk or canned mushroom soup, there will be a fine gravy to serve with them. Or, you might like to add tomatoes to make a sauce that will give a pleasing change in flavor.

Because apples combine so well with pork, a platter of stuffed chops and apples is always a favorite. Simple cut pockets in thick chops, brown them, and fill with any well-seasoned stuffing. Fasten the edges together with toothpicks and lay the stuffed chops on a rack in a baking dish. Core the apples and cut them in half, but do not peel. Place a half apple on top of each chop, with the cut side down. Cover the pan and bake in a moderate oven for about 45 minutes, or until the meat is tender.

Any tart fruit is a good accompaniment for pork. Try using pineapple, dried apricots, peaches, cranberries, or oranges. Among the vegetables that combine well with pork are squash, sweet potatoes, cabbage, sauer kraut, peppers and celery.

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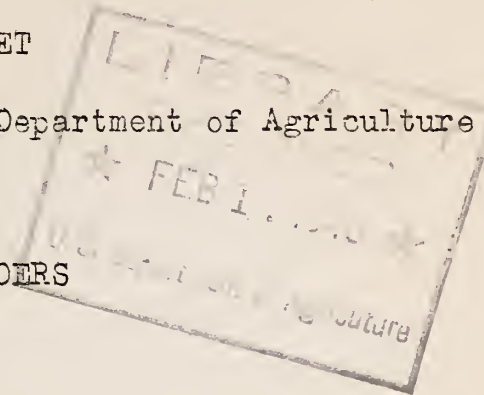
WASHINGTON, D. C.

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THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture

SOUPS AND CHOWDERS



As long as the weather man predicts low temperatures, the problem in cooking is to have new hot dishes that will satisfy hearty appetites. And the answer is often found in a good-flavored chowder or a substantial soup.

Chowder is usually thick with fish or vegetables, and some cook books call it "super-soup." It is a hot food that supplies the protein, mineral matter, and vitamins of milk, as well as the food value of the other ingredients. Yet it is more interesting in texture and more appetizing in flavor than an ordinary cream soup. Salt pork gives it a distinctive flavor; and, in keeping with an old tradition, the real chowder is poured over crackers before serving.

Clams are usually associated with chowder, but people in different places have varied this rule by making chowder with other kinds of fish, with meat, or with vegetables of many kinds. Often a single vegetable, such as corn, supplies the outstanding flavor.

Although chowder originated as a community fish-stew on the coast of France, it was popular in New England during the early days of colonization. And today chowders have been adopted as a main supper or luncheon dish everywhere. You can make a complete meal from a bowl of rich chowder, if you serve with it plenty of crisp crackers, a cool salad, and some simple dessert.

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Most people agree that there's something wholesome and friendly about any kind of soup. This philosophy probably has been handed down by the happy country folks who, in years past, gathered together on winter nights for chowder parties. But ^{modern} cooks have also worked out several less-filling variations of the "super-soup."

Three of these soups that are closely related to the chowders are cream soups, purees, and bisques. Each of these is different, yet each has something in common with the chowders.

Cream soups are often made from a single vegetable — such as peas, corn, carrots, or asparagus. But several vegetables may also be used together.

Cook the vegetables until they are tender and then chop or mash them. Add milk to the vegetables to give them a soup-like consistency. Then add flour as a binder, and fat for flavor. Add seasonings in plenty of time to develop their full flavor before serving the soup.

To keep the soup smooth, blend the fat and flour together before adding them to the soup. You may also find it easier to stir a little of the hot milk and vegetable mixture into the blended flour and fat, and then add this to the remainder of the soup.

Don't forget to make use of the water in which the vegetables were cooked as part of the liquid for the soup. Or you may want to cook some vegetables — such as onions, mushrooms, and celery — in the fat that is later blended with the flour in making the soup.

Puree is much like cream soup, but it is always made from sieved vegetables and it is usually thicker than the cream soup. Cook the vegetable until it is soft enough to mash through a sieve. If the vegetable is sieved while hot, it will go through more easily and there will be less danger of losing vitamins. Combine the sieved vegetable with milk, heated in a double boiler; or combine it with its own stock. Then blend flour with fat and add it to the vegetable mixture to thicken it for soup.

Bisque is the third variation, and it is generally a fish soup although tomato may be used in what is sometimes known as mock bisque. You can make it from clams, oysters, lobster, salmon, or any other fish. First cook the fish and then dice or mash it through a coarse sieve. Then add it to heated milk, and thicken with flour blended with fat. Onion, celery, or parsley is usually used to give flavor to the fish soup, or bisque.

There are as many variations of these thick soups as there are combinations of vegetables, meat, fish and seasonings. All of them respond to stirring and tasting -- with "a little of this" and a "pinch of that" added. But be sure that there is a distinct flavor of the basic ingredient -- vegetables or fish.

When seasoned just right and served piping hot, any one of these soups will make an appetizing meal for the most critical family. Originality in seasoning will do much to change the flavor of the soup each time it is served. Get variety by choosing among onion, celery leaves, pepper corns, bay leaf, parsley, sweet basil, thyme, and any of your other favorite herbs.

Garnishes for the soup are also important in giving it "eye appeal." Salted whipped cream is good on soups that have definite color and flavor. Try sprinkling the cream with paprika, chopped celery leaves, chopped parsley, or minced chives. Popped corn is a pleasant surprise to float on top of cream of corn soup. Croutons are another favorite. Make them by browning cubes of dry bread in ^{deep} fat or in the oven.

Special bread to serve with soup is so important that it seems to be almost a part of the dish itself. Crackers are always popular, and there is almost endless variety of them today. You can restore crackers to their original crispness by heating them slowly in the oven. Toasted fingers or rounds of dry bread, cheese straws or puffs, and pastry sticks are also good.

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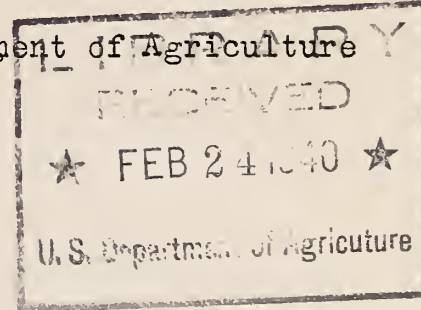
WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

USE STANDARD RECIPE FOR PLAIN AND FANCY ROLLS



Hot rolls on the table means a thoughtful cook in the kitchen. Homemade rolls are a welcome addition to any meal in any season.

For generations, baking day has meant fresh bread as a family treat for supper. But there's always special cause for celebration when mother takes the time to shape some of the bread dough into rolls. Even today many homemakers, who have a bakery in the neighborhood to supply their bread, still like to make a special batch of rolls for a company dinner. And in the home that is equipped with a refrigerator, it's easy enough to make a week's supply of dough and bake the rolls fresh each day.

Rare is the family that would ever grow tired of plain rolls when they are hot and fluffy with a tender brown crust. But for the ambitious homemaker, who likes variation in her meals from day to day, there are dozens of ways to change the shape and even the flavor of the homemade roll.

Beginning with the plain roll, any standard recipe can be made to yield an endless number of shapes and forms. To make this plain roll, cut or tear the dough into small pieces after the second kneading. Have your hands lightly greased as you shape these pieces into small balls with smooth tops. Then place the rolls close together on a greased baking sheet and let them rise until double their bulk. Or, if you like rolls with crusty sides, place them farther apart so they will not come together as they rise.

The finger roll, sometimes called the dinner roll, is a simple variation. To make it, shape the dough until it is long and narrow -- about the size and shape of your finger. Crusty bread sticks are made in the same way, except that you roll each piece of dough between your hands until it is very long and thin. Or you might like to braid three of these long, narrow strips together to make a braided roll.

If you'd like to try some tricks with baking rolls in muffin tins, there is the always popular clover-leaf roll. To make this three-sectioned roll, pinch off very tiny pieces of dough and shape them into balls. Drop three in each muffin tin and, presto, when they rise they'll be joined like the lobes of a clover leaf. Of course, you can make twin rolls by using only two balls in each tin; and if you want to hurry the job, you can get attractive looking rolls by putting just one larger ball in each tin.

Another favorite is the parker house roll, which is also known as the pocket-book roll. The name "parker house" comes from a famous old hotel in Boston, where this particular kind of a roll is believed to have originated. The usual method for making the parker house is to roll the dough out flat and cut it into rounds with a biscuit cutter. Brush each circle with melted butter, then crease in the middle with the handle of a knife, and fold the top over double.

And if you have the dough rolled out, there are all sorts of other tricks to try. Cut the dough into triangular pieces and roll them up, starting at the bottom of the triangle and rolling towards the point. Then shape the roll into a crescent by bringing the ends around to the front. A sprinkling of poppy seed, sesame-seed, or caraway is often used on top of the crescent roll. Brush top of roll with egg white first, to make the seeds stick.



Pinwheels with all sorts of fillings are always tempting. When the dough is rolled out thin, spread it with soft butter and your favorite filling. Then roll like a jelly roll and cut off the rolls about one inch thick. Cinnamon and sugar makes a good filling, and you can add any kind of nuts or dried fruit. Candied fruit peel, grated orange rind, and spices of all sorts -- with honey or with brown or white sugar -- can also be used in making delicious sweet fillings. For a change, try filling the pinwheel roll with ground ham or peanut butter or grated cheese.

Glazed rolls always hit the spot for breakfast. Put plenty of butter in the bottom of the pan -- a deep pie plate or individual muffin tins -- with brown sugar and nuts or raisins. Then put in plain rolls or pinwheels with a sweet filling. Let them rise, and bake as usual. When they are turned out there will be a syrupy glaze on top.

But whatever shape you make the rolls, be sure to make them small and dainty, and to serve them hot. Remember that all except the glazed rolls look most attractive when served in a folded napkin on a plate.

Here is a standard refrigerator roll recipe, which has been worked out by the Bureau of Home Economics:

1 cake ($\frac{1}{2}$ ounce) yeast	$1\frac{1}{2}$ teaspoons salt
$\frac{1}{4}$ cup lukewarm water	2 cups scalded milk
$\frac{1}{2}$ cup fat	1 pound 15 ounce (8 cups)
$\frac{1}{2}$ cup sugar	sifted soft-wheat flour

Soften the yeast in the lukewarm water. Add the fat and sugar to the hot milk. Cool to lukewarm, add a beaten egg (if desired), and combine with the yeast and water. Stir in the sifted flour and salt until the dough is stiff enough to knead. Knead thoroughly, form into a ball, and put into a greased bowl to rise. Cover the bowl and set it in a pan of warm water to keep it at a temperature of 80 to 85 degrees F.

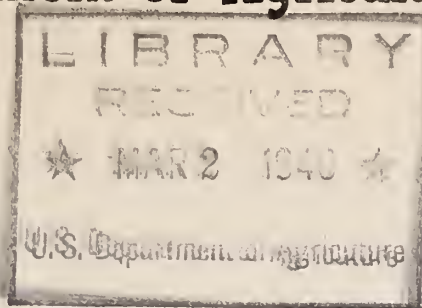
When the dough has doubled in bulk, punch the center, pull the sides over and press them into the center. Then turn the ball so the smooth side is up and let the dough rise to the same volume as before. Knead again.

At the end of this second kneading, cut off as much as needed, shape as desired, and put in a warm place to double in bulk. Then bake in a hot oven (400 degrees F.) for 15 to 20 minutes. Grease the surface of the remaining dough, cover, and put in the refrigerator.

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THE MARKET BASKET

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FOOD AS A SOURCE OF ENERGY

EDITORS PLEASE NOTE: This is the second in the series of monthly articles based on material in the 1939 Yearbook of Agriculture -- "Food and Life." This book gives a comprehensive review of the science of human and animal nutrition, brought up to date. The articles contained in it have been prepared by specialists in each of the different phases of nutrition. This volume may be purchased from the Superintendent of Documents in Washington, D. C. The price is \$1.50.

The day that the phrase "Count Your Calories" caught the public fancy, the science of nutrition was launched on its practical career. Since then, the interest in calories and energy foods has been overshadowed by the more recent discoveries about vitamins and minerals.

But the vast army of Americans, who faithfully watch the bathroom scales for daily losses or gains in weight, are still counting their calories. They know that the "calorie" is used to determine the amount of energy a given food may yield. And they know that when they get more energy from food than they can use, the excess will be stored as fat.

But they often overestimate the calorie as a unit of measure for the total value of a food -- and forget that the number of calories gives no clue to the amount of building materials and regulators in the food. The function of food in supplying energy is an important part of nutrition, but it should be clearly understood that it is only part of the story of how the body makes use of food.



So, the mother who discovers that her Bobby is thinner than his playmates of the same height and age, had better consult a doctor to find out how to help the child gain weight. And if she, herself, feels that she is putting on too many pounds, it will be best for her to also consult the doctor about reducing. But for those who want to keep their weight as it is, and are merely curious about how foods are changed into energy by the human body -- here is the story.

In trying to understand how we get energy from food, it is easiest to think of the body as a machine. Anybody who has seen a freight train chugging along the tracks has some idea of how the engine works. He knows that a fire is kept burning inside the engine to heat water and make steam. As this steam expands, it is able to push with a powerful force ~~and~~ force that drives the pistons and makes the wheels turn so the engine can pull its load of cars.

And, strangely enough, the human body can do much the same thing. It's fuel is food -- not coal. But this food is actually burned inside the body. Although there is no flame or smoke, the fire produces heat. Part of this heat is used to keep the body warm and part of it is created into work energy.

It is this work energy that gives the lumberman the energy to chop down a tree. And even young Bobby needs this energy so his muscles can pull his toy wagon along the street. In other words, the energy from the food is used to perform work.

But it's a little harder to understand that the same energy is also needed for the work of the muscles that we seldom think about inside the body -- such as the heart and stomach muscles. Even the lungs, the liver, and the kidneys, as well as the tiny glands and very small organs need food energy to function properly.

One surprising thing about the human body is the fact that it thriftily stores up lots of the surplus energy as fat. As long as children are growing, it is desirable health insurance for them to be a few pounds overweight; At this

critical and formative period they are especially likely to undermine their health by starving their bodies. But for grown folks, surplus fat may accumulate as extra pounds that are bothersome and may even be dangerous to health.

It is also interesting to note that children need more energy foods, in proportion to their size, than grown ups. Boys and girls need the energy to grow, as well as for all the other functions. And children are often far more active and use more work and play energy than their parents.

The foods that yield the energy are the carbohydrates (sugars and starches), proteins, and fats. For a given weight, carbohydrates and proteins yield the same amount of heat or energy in the body. But fats yield more than twice as much. It also takes longer to digest fats. This gives fats a sort of "staying power," which keeps us from feeling hungry too soon after a meal.

In the 1939 Yearbook of Agriculture, Dr. Lela E. Booher, of the Federal Bureau of Home Economics, has ^{an} interesting statement about foods as a source of energy. She says:

"If the fuel or caloric value of the food eaten by a normal adult is more than is required to maintain the body and to provide for bodily activities, the individual is very likely to take on weight. If the caloric value of the food is regularly too small to meet these needs, the body weight drops. Whether a normal adult will grow fat or thin is not just a matter of whether he eats much or little but whether he eats much or little in relation to his physical activities and possibly his glandular balance."

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